Friday Monday **Tuesday** Wednesday **Thursday** 6 National Technology Day 8:30 Tai Chi 8:30 Tai Chi 9:30 Fitness w/Kojak 9:00 Active Living Every Day 9:30 Pilates 9:00 Tight Body 9:30 Spiritual 10:00 NUTRITION - Atoms Ap-(In-house) Studies 10:30 CHSWC Assembly Meeting ple with Dr. Amy 10:00 Enhance Wholeness Life-10:00 Line Dancing 11:00 DC State Chess Fed. 11:00 DC State Chess Fed. style 11:00 Just Rock-Music Theory 11:30 CHSWC at "The Gather-12:00 Chair Yoga 10:30 Ole Skool Dancing ing" 1:00 Just Rock-Voice 11:30 Just Rock - Piano 1:00 Tai Chi 12:00 Fitness w/Kojak 2:00 Line Dancing 1:00 Healthy & Powerful 1:00 NUTRITION - Atoms Apple 1:00 A Sprinkle of 2:00 Just Rock –Song Writing 2:00 CHSWC Virtual Voyages with Dr. Amv Gentle Yoga 3:00 Cinema Time 3:00 3:00 Active Living Every Day 3:00 Zumba Dance & Crafts 3:00 Sibley Club Memory **BYOP** 12 13 Make Your Dreams Come 14 National Dress Up Your Pet 10 8:30 Tai Chi **True Day** 9:00 Active Living Every Day 8:30 Tai Chi 9:00 Tight Body (In-house) 9:30 Fitness w/Kojak 9:30 Spiritual 9:30 Pilates 10:00 NUTRITION - Atoms Ap-**Studies** 10:30 Smart Tech/SocialMedia 9:00 Intro to Spanish with 10:30 NUTRITION ple with Dr. Amy 11:00 Just Rock-Drums Senora Chelsea Food Demo 10:00 Enhance Wholeness Life-11:30 Fitness w/Kojak with Dr. Amv 11:00 DC State Chess Fed. style 10:00 Line Dancing 12:30 Spiritual Studies 11:00 DC State Chess Fed. 10:30 Ole Skool Dancing 1:00 PRESENTATION - Ward 8 11:30 CHSWC at "The Gather-11:30 Just Rock - Piano Services, Aisha Bailey, ERFSC ing" 12:00 Chair Yoga 1:00 Healthy & Powerful 2:00 PRESENTATION-Insurance 1:00 Tai Chi 11:00 Just Rock-Music Theory 1:00 Just Rock-Voice Mini Fair (Various Vendors) 2:00 Just Rock - Song Writing 2:00 CHSWC Virtual Voyages 1:00 NUTRITION - Atoms Apple 2:00 Line Dancing with Dr. Amy 3:00 3:00 Zumba Dance 3:00 Sibley Club 3:00 MMUNITY ZVMBA Bingo! 3:00 Active Living Every Day Memory 20 CENTER 9:00 Active Living Every Day 8:30 Tai Chi 9:30 Fitness w/Kojak 9:00 Tight Body **CLOSED** 9:30 Pilates (In-house) 10:00 NUTRITION - Atoms Apple with Dr. Amy 9:00 Intro to Spanish with 10:30 Smart Tech/SocialMedia WE MUST LEARN Senora Chelsea 11:00 Just Rock -TO LIVE TOGETHER 11:00 DC State Chess Fed. 10:00 Line Dancing Drums AS BROTHERS OR 11:30 CHSWC at "The Gather-PERISH TOGETHER 11:00 Just Rock-Music Theory ing" AS FOOLS. 11:30 Fitness w/Kojak 11:00 DC State Chess Fed. 1:00 NUTRITION - Atoms Apple 1:00 Tai Chi with Dr. Amv 12:00 Chair Yoga 12:30 Spiritual Studies 2:00 Just Rock-Song Writing 1:00 A Sprinkle of Gentle Yoga **HAPPY** 1:00 Just Rock-Voice 3:00 Active Living Every Day 3:00 Cinema Time MARTIN LUTHER KING 2:00 Line Dancing 3:00 Zumba Dance **BYOP** 3:00 Sibley Club DAY Memory

Olá![⊢]

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8:30 Tai Chi

9:30 Spiritual Studies

10:30 Ole Skool Dancing

11:30 Just Rock - Piano

1:00 Healthy & Powerful

2:00 CHSWC Virtual Voyages

3:00 Black History 366



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9:00 Active Living Every Day

10:00 NUTRITION— Atoms Apple with Dr. Amy

11:00 DC State Chess Fed.

12:00 Chair Yoga

12:00 PRESENTATION- Pay Attention to Politics: Committee of the Whole

1:00 Just Rock-Voice

2:00 Line Dancing 3:00 Sibley Club Memory 26

8:30 Tai Chi

9:30 Pilates

10:30-Smart Tech/ SocialMedia



11:00 Just Rock - Drums 11:30 Fitness w/Kojak



3:00 Zumba Dance

27 9:00 Tight Body (In-house)

9:00 Intro to Spanish with Senora Chelsea

10:00 Line Dancing

11:00 Just Rock-Music Theory

1:00 NUTRITION -Atoms Apple with Dr. Amy

3:00 Active Living Every Day

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9:30 Fitness w/Kojak

10:30 FOOD DEMO -Food Demo with Chef Herb

11:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering"

1:00 Tai Chi

2:00 Just Rock-Song Writing 3:00 Cinema Time BYOP

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8:30 Tai Chi

9:30 Spiritual Studies

10:30 Ole Skool Dancing

11:30 Just Rock - Piano

1:00 Healthy & Powerful

2:00 CHSWC Virtual Voyages

3:00 "Google Universe"



National Mentor Month

Veganuary Month

Healthy Weight Week (16-22nd)

National Vision Board Day (8th) - What's your vision for the new year?

Celebration of Life Day (22nd)

National Compliment Day (24th)

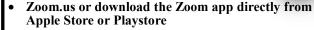
National Spouses Day (26th)

National Inspire Your Heart With Art Day (31st)



VIDEO/AUDIO CONFERENCE





- Once download, click on "Join A Meeting"
- Enter Meeting ID 298-827-6610 *OR* No video? Join the Zoom meeting by dialing (301)715-8592 and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or unmute press *6
- Some classes held in "Break-out Rooms"- Please click "join" to enter

CHSWC SOCIAL MEDIA

Check out







CHSWC@heightsseniortv on: Or type in the search/browser box: CHSWC and #CHSWC



- Ward 8 Services, Aisha Bailey (12th)
- Insurance Mini Fair: Medicare, Medicaid, Lincoln Heritage, United Healthcare, Dept. of Healthcare Finances (13th)
- Pay Attention To Politics: COW (25th)
- Food Demo Chef Herb, UDC (28th)
- "Google Universe" (31st) 5th Monday, just this month)







